

presents...

**4-3-2-Oneness:  
A Sun&Moon  
Summer of Bliss  
2009**



**4 individual healing services  
3 yoga classes per week  
2 group gatherings**

**1 summer devoted to wellness**

**\$432**

## A Deluxe Healing Program

Yoga stimulates your capacity for self-healing. This summer, let your own healing be the centerpiece of your life as you avail yourself of yoga's transformative power. This self-guided challenge will be folded into your usual routine and fulfill your vision of nurturing, strengthening and balancing your physical, energetic, mental, emotional and spiritual self.

Instead of "taking the summer off," take off on a new path this July and August by re-dedicating yourself to your practice and your well-being. Enter September fresh and whole.

For an average of one hour a day, you'll customize your Summer of Bliss yoga lifestyle with Sun&Moon's classes and one-on-one healing services to meet your personal goals and match your scheduling needs. With support from our community, and yogic principles, each participant will make and follow through on choices that will lead to strength, balanced energy, and calm centeredness. Over the eight weeks you will establish a new level of awareness from which you will respond to change and possibility, while engendering flexibility, creativity and compassion.



## **Sun&Moon Yoga Classes**

The cornerstone. Commitment to the physical and energetic practices that help us stay more grounded and centered no matter what is happening. Registration for the program includes 3 regular classes a week at either studio.

Select from our summer 2009 schedule to register for your yoga classes. Please remember that if you can't make a class during any given week, our usual make-up policy applies.

## **Healing Sessions**

Enhance and complement your yoga classes with individualized consultations. Upon registration you will receive contact information to schedule appointments.

As part of the holistic approach to your wellness, we offer four individual sessions with certified practitioners during the eight-week program. These sessions are included in the registration fee:

- private yoga class
- nutritional consultation
- reflexology treatment
- wellness-coaching session

## **Inspiration: Group Gatherings**

Launch your personalized program with inspiration and support from the group, beginning with a kick-off gathering and introductory session, and ending with a celebration of completion. To keep up your dedication and help you maintain your resolve, a theme will be offered each week in an email discussion.

Welcome and Introduction

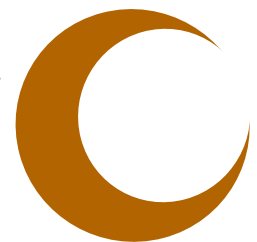
- Wednesday, July 1, 8pm (location to be determined)

Completion and Celebration

- *date and location to be determined*

**All of the above are included in the \$432 fee.**

Program Coordinator: Alex Levin at  
[alex@sunandmoonstudio.com](mailto:alex@sunandmoonstudio.com)



**4-3-2-Oneness:  
Sun&Moon Summer of Bliss**

2009 Registration Form

**Name:**

\_\_\_\_\_

**Email:**

\_\_\_\_\_

Address:

\_\_\_\_\_

\_\_\_\_\_

**Phones** --Home:\_\_\_\_\_

Daytime or Cell:\_\_\_\_\_

Please select from our summer 2009 schedule to **register here for your three yoga classes.** Remember that if you can't make a class during any given week, our usual make-up policy applies.

\_\_\_\_\_  
Day          Time          Level          Teacher

\_\_\_\_\_  
Day          Time          Level          Teacher

\_\_\_\_\_  
Day          Time          Level          Teacher

Payment  
Information \_\_\_\_\_ Visa \_\_\_\_\_ MC \_\_\_\_\_ Disc \_\_\_\_\_ Check

Credit Card  
# \_\_\_\_\_

Exp.  
Date \_\_\_\_\_ Signature \_\_\_\_\_

Or, please enclose a check for **\$432** payable to Sun&Moon Yoga Studio, and mail with this form to the attention of **Alex Levin, Program Coordinator, 3811 Lee Hwy., Arlington, VA 22207**